

QUARTER 1 GROUP FITNESS CLASSES

DECEMBER 30 - MARCH 13

| MON | TUES | WED | THU | FRI |
|---|--|---|---|--|
| 11:15-12:15 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 1 | 11:30-12:15 Fit & Functional-Brian 240 Parsons Ave Fitness Rm 6 | 11:30-12:30 Yoga for Stress & Flexibility-Gwen 77 N Front St STAT Rm 13 | 11:30-12:30 Incinerate-David 240 Parsons Ave Fitness Rm 17 | 11:30-12:00 Meditation-Gwen 77 N Front St Conf Rm 142 21 |
| 12:30-1:30 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 2 | 11:30-12:30 Yoga for Stress & Flexibility-Gwen 3639 Parsons Ave Rm 101 7 | 11:30-12:00 Meditation-Betsy 240 Parsons Ave Fitness Rm 14 | 12:00-1:00 Yoga for Stress & Flexibility-Betsy 1250 Fairwood Ave Rm 182 18 | 11:30-12:15 Tabata-David 240 Parsons Ave Fitness Rm 22 |
| 11:30-12:30 Strength Training-Kristi 3639 Parsons Ave Gym 3 | 11:30-12:30 Adult Recess-Charles 77 N Front St STAT Rm 8 | 12:30-1:00 Meditation-Betsy 1250 Fairwood Ave Rm 0039 15 | 12:15-1:15 *new day/time/location Yoga for Stress & Flexibility-Lori 1111 E Broad St Hungry Soldier Rm 19 | |
| 11:30-12:30 Yoga for Stress & Flexibility-Lori 77 N Front St STAT Rm 4 | 1:00-2:00 Yoga for Strength-Gwen 240 Parsons Ave Fitness Rm 9 | 5:00-6:00 Hip Hop Dance Fusion-Jonika 240 Parsons Ave Fitness Rm 16 | 5:00-6:00 Hip Hop Dance Fusion-Jonika 77 N Front St Basement 20 | |
| 4:00-5:00 HIIT-Kristi 910 Dublin Rd Auditorium 5 | 3:30-4:30 Boot Camp-Kristi 3776 S High St COAAA 10 | | <div> REGISTER FOR YOUR CLASSES PRIOR TO ATTENDING! columbus.gov/hr/healthy-columbus/wellness-program/Group-Fitness-Classes/ </div> | |
| | 5:00-6:00 Cardio Kickboxing-Kristi 240 Parsons Ave Auditorium 11 | | | |
| | 5:30-6:30 Yoga for Stress & Flexibility-Lori 3776 S High St COAAA 12 | | | |

NOTES

No classes on:

Wednesday, January 1st-New Year's Day

Monday, January 20th-Martin Luther King Jr. Day

Monday, February 17th-President's Day

Registration for Quarter 2 opens

on Monday, March 16th.

Group fitness instructor/s or Healthy Columbus staff

will communicate any class changes (cancellations,

room changes, etc.) via email.

Visit columbus.gov/healthycolumbus/

groupfitness for class descriptions

and intensity levels or

flip this sheet over.

FEATURED

EDUCATION CORNER

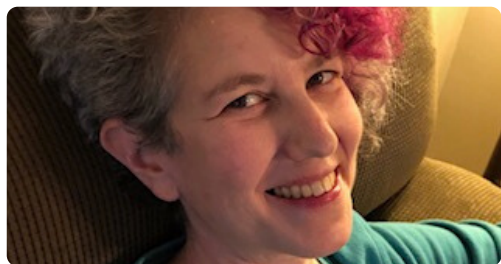
FIRST TIMERS

TIPS FOR FIRST TIMERS

Sometimes, attending a group fitness class for the first time is scary when you have no idea what to expect. Keep these tips in mind when you're attending your first class!

- Ask for help-whether from the instructor or other participants.
- Don't sweat it-you'll get confused and frustrated at some point; it's a part of the new process.
- Listen to your body-it's important to encourage yourself to work harder and improve, but your safety is more important.
- Know that there are alternatives-let the instructor know if you have any health conditions or injuries before the class starts.

INSTRUCTOR SPOTLIGHT



LORI FANNIN

Lori began practicing yoga in 1998. She fell in love with its fluidity, and how it made her feel. A few years later, she saw a sign in her gym's locker room about becoming an instructor. The light bulb went off. She began her certification journey 2004, and became a 200 YT. For 15 years she's been teaching her style of vinyasa yoga, which emphasizes alignment and mobility. Lori is also a musician. She teaches piano, plays the koto, and classical guitar. Come check out Lori's yoga classes on Mondays at 77 Front St. 11:30-12:30PM, Tuesdays at COAAA 5:30-6:30PM, and Wednesdays at 1111 E. Broad St. 11:30-12:30PM.

CLASS DESCRIPTIONS*

Adult Recess (all levels)-Remember the things you might have done on a playground during recess? Adult recess takes some of those same movements and incorporates them into a workout. Ready to feel like an active kid, again?

Boot Camp (intermediate to advanced)-This class will work on building strength, endurance and power by combining compound movements and extended rest periods.

Cardio Kickboxing (all levels)-This class will be a total body fitness experience using punching, kicking, and jabbing. Punching gloves and pads, cardio and core training will be incorporated.

Fit & Functional (all levels)-This class will incorporate functional training that will use body weight, stretching, and yoga moves, combined with jump rope, and other movements. It will be a full body workout each week!

Tabata (advanced)-Tabata involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn up to 15 calories a minute-and double a person's metabolic rate for 30 minutes afterwards.

HIIT (intermediate to advanced)-High Intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods.

Hip Hop Dance Fusion (all levels)-This class is a full-body, high energy dance class that is a fun and diverse way for you to get the exercise you need. Each class will vary ensure you receive optimal results.

Incinerate (intermediate to advanced)-Train every part of your body with free-weights, cardio, and core exercises. The class incorporates body resistance, circuit/station training, and high intensity cardio.

Meditation (all levels)-We explore different techniques using the breath and guided mediation techniques to practice together. Class is 30 minutes and you come away de-stressed, relaxed, and refreshed.

Strength Training (all levels)-Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout.

Yoga for Strength (intermediate to advanced)-This is a faster paced Yoga class that focuses on building strength while emphasizing balance & stability through more Sun Salutations, Balance Poses, and a few inversions for fun.

Yoga for Stress & Flexibility (all levels)-Moves at a slower pace focusing basic poses and calming the mind and body. A few minutes of quiet meditation brings the class to an end. The student is revived and energized and ready to continue the work day.

**all classes can be modified to meet the needs of each participant*

Have further questions?

Please email Jacob Hittle at jthittle@columbus.gov.